

Starting Seeds

ZONE: _____ LAST FROST DATE: _____

supplies

- Seed starting mix - Recommended: Promix
- Clean cell packs, pots, newspaper pots, re-used plastic containers
- Liner or tray
- Seeds
- Plant markers
- Sharpie

Watering can with sprinkler attachment

how-to

- Dampen seed starting mix until consistency of wrung out sponge
- Fill flats or other containers firmly but not packed with mix.
- Decide how much of each packet you want to start and make labels
- Make divots for each seed with your fingers.
- Put two seeds in each divot
- Firm a bit of soil over seeds
- Water gently
- Keep moist until germination
- Thin starts to one per cell using scissors

light

- Goal: short, thick-stemmed seedlings
- Your seedlings need 14-18 hours of light to grow strong and healthy
 - A sunny, south-facing window, turn to strengthen stems
 - Four-foot T-8 fluorescent shop light fixture with bulbs from the "blue" end of the spectrum, 3600K- 5500K (Kelvin)
 - Special "grow lights": High Pressure Sodium (HPS) or LED, quite expensive